

Real Food, Real Good, Real Life

Recipes brought to you by HealthQuest

The following recipes have been provided by HealthQuest, Vitality, Cooking for Life – Wisely, and *Personal Best* Health Letter produced by Scott Publishing, Inc. in Edmonds, WA. Recipes were selected because they are reasonably easy to make, tasty (some of our favorites!), reliable and low fat.

Enjoy! Cheryl Miller, Exercise Physiologist



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Healthy Recipe Modifications

1 cup shortening or lard	¾ cup vegetable oil
½ cup shortening	1/2 cup vegetable oil
1 cup whole milk	1 cup skim milk
1 cup light cream	1 cup evaporated skim milk or 3 Tbsp. oil & skim milk to equal 1 cup
1 cup heavy cream	1 cup evaporated skim milk or 1/2 cup skim milk + 1/2 cup oil
1 cup sour cream or mayonnaise	1 cup plain non-fat or low-fat yogurt 1 cup blenderized low-fat cottage cheese (with lemon juice) or reduced fat sour cream or reduced fat mayonnaise
1 oz regular cheese	1 oz low-calorie or skim milk cheese

Healthy Recipe Modifications

White rice.....	Brown rice
Sugar	Reduce amount, reduction can be up to ½ to ¼ of the original amount. Use no more than ¼ cup of added sweetener (sugar, honey, molasses, etc.) per cup of flour. Use fruit juice instead of sugar. Add fruit, cinnamon, nutmeg or vanilla for sweetness.
Fat	Use no more than 1-2 Tbsp of added oil or fat per cut of flour; compensate by increasing low-fat moisture ingredient, such as buttermilk, to add moistness, or use applesauce in equal amount for oil.
Salt	Reduce amount or omit and use spices and herbs.

Pumpkin Orange Muffins

Enjoy these hearty beta-carotene-rich muffins at holiday brunch or on a break from your busy schedule.

1 egg beaten	½ cup sugar
½ cup buttermilk	1 tsp baking powder
½ cup canned pumpkin	1 tsp cinnamon
¼ cup canola oil	½ tsp nutmeg
1 cup flour	¼ cup raisins (optional)
½ cup oat bran	¼ cup chopped walnuts (optional)
1 Tbsp grated orange peel	

Beat together first 5 ingredients. Sift dry ingredients and stir into the pumpkin mixture; blend in raisins and walnuts. Spoon batter into nonstick muffin tin, and bake at 375 degrees for 20-25 minutes.

Makes 12 muffins: 136 calories each (166 calories with raisins and walnuts)

Healthy Recipe Modifications

1 oz (1 sq.) baking chocolate.....	3 Tbsp. powdered cocoa + 1 Tbsp. oil
1 can condensed soup	Homemade skim milk white sauce (1 cup skim milk + 2 Tbsp. flour)
cream of celery	1 cup sauce + ¼ cup chopped celery
cream of chicken	1 ¼ cup sauce + chicken bouillon powder
cream of mushroom.....	1 cup sauce + 1 can drained mushrooms
cream cheese	Blend 4 Tbsp. margarine with 1 cup dry low-fat cottage cheese. Salt to taste; small amount of skim milk is needed in blending or use reduced-fat cream cheese.
1 cup white flour.....	1 cup whole wheat flour minus 2 Tbsp.; also decrease the amount of oil called for in the recipe by 1 Tbsp. and increase the liquid called for by 1-2 Tbsp. or ½ cup white + ½ cup whole wheat flour or ¾ cup white + ¼ cup wheat germ and/or bran

Oriental Pasta Salad

Dressing: favorites)

2 Tbsp rice wine vinegar
1 Tbsp low-sodium soy sauce
strips
1 Tbsp honey
1 Tbsp canola oil*
½ tsp toasted sesame oil
¼ tsp dry mustard
Dash of hot pepper sauce

Veggies: (or pick your own

1 cup broccoli florets
2 large carrots, cut in julienne
2 cups shredded cabbage
1 red bell pepper, sliced
8 oz Oriental wheat noodles
2 tsp toasted sesame seeds

- 1) Mix dressing while pasta cooks.
- 2) Drain cooked pasta and rinse with cool water. Toss with dressing, cover and chill at least 2 hours.
- 3) Steam veggies about 2 minutes; rinse in cool water.
- 4) Toss veggies and pasta together. Sprinkle each serving with sesame seeds.

Makes 4 servings: 310 calories and 7.7g fat (22%)

Macadamia nut oil is a tasty alternative high in monounsaturated fatty acids.

Papaya Berry Salad

Dressing:

1/3 cup plain nonfat yogurt
1 tsp honey
1 tsp grated orange zest (rind)

6 cups packed mixed salad greens,
such as butterhead, curly endive,
loose leaf
1 Tbsp fresh lime juice
1 papaya, halved, seeded and peeled
1/4 cup thinly sliced red onion
1 cup sliced strawberries or raspberries

- 1) Blend dressing and set aside.
- 2) Toss greens with lime juice; distribute evenly among 4 salad plates.
- 3) Slice papaya into 12 wedges and place on top of each salad; top with red onion.
- 4) Drizzle each salad with 1 Tbsp of yogurt dressing. Garnish with the berries.

Makes 4 servings: 84 calories and 1g fat (8%) each

Source: American Health, 6/94

Option: Use a mix of sliced papaya and mango-mmmmmmmmmmm!

Turkey Waldorf Salad

2 cups shredded light and dark turkey
(about 10 oz)
2 large celery ribs, cut in match stick
pieces (1/4 inch by 1 inch)
1 red or yellow bell pepper, cut in match
stick pieces (1/4 inch by 1 inch)
1 large Granny Smith or other tart apple,
cut in 1/4 inch slices
1/2 cup golden raisins
1/4 cup walnut pieces

Dressing:

1 cup nonfat plain yogurt
2 Tbsp fresh orange juice
1 tsp grated orange rind
salt and pepper to taste

- 1) In a large bowl, combine all salad ingredients.
- 2) In a small bowl, mix dressing and pour over salad.
- 3) Refrigerate at least 1 hour before serving.
- 4) Spoon onto your favorite salad greens with leftover cranberry sauce alongside and/or garnish with orange slices.

Makes 4 generous servings: 351 calories and 11.5g fat (29%)

Green Rice Salad

...makes a delicious one-dish meal high in fiber

Salad Ingredients:

1 cup Basmati or other rice
(yields 3 cups cooked)
3 large ripe tomatoes, diced
(about 3 cups)
1 (15 oz) can navy beans, drained
4 oz feta cheese, crumbled
2 Tbsp pitted, sliced imported black olives
1/2 cup finely chopped fresh parsley
5 cups red leaf or romaine lettuce

Dressing:

2 Tbsp fresh lemon juice
2 Tbsp olive oil
1 tsp dried oregano
1/2 tsp Dijon mustard
1/4 tsp salt
Freshly ground black pepper
(to taste)

- 1) Cook rice according to package directions and let stand 10 minutes.
- 2) Stir together dressing; gently fold in tomatoes, beans, cheese, olives and parsley; pour over lukewarm rice and toss (can also be chilled and served later).
- 3) Serve on a bed of greens.

Makes about 5 servings: 342 calories, 10.4g fat (27%) and 9.2g fiber

Black & White Bean Salad

Dressing:

1 small onion, finely chopped
well.
1 small green pepper, chopped
2 cloves garlic, minced
1/3 cup olive oil
1/2 cup nonfat plain yogurt
1/3 cup fresh parsley, chopped
3 Tbsp fresh lemon juice
1 tsp oregano
1 tsp paprika
1/4 tsp white pepper

Blend ingredients together thoroughly.
Then add the following beans, rinsed

2 (15 oz) cans small white beans
2 (15 oz) cans black-eyed peas

NOTE: Black-eyed peas are really
small tender beans with little "black
eyes" in the center, very high in fiber.

Flavor is best if the salad is mixed 2 or 3 hours before serving. Refrigerate and serve *chilled* or serve *warm* (heat in a saucepan on medium). Serve with cornbread to make a complete protein.

Makes 8 1-cup servings: 241 calories and 7.4g fat (27%)

Broccoli-Potato Frittata

Here's a tasty dish that's sure to shape up your breakfast, lunch or dinner.

1 Tbsp canola oil	4 eggs
1 cup finely diced cooked potatoes	3 Tbsp water
1 ½ cups fresh chopped broccoli, parboiled	1 Tbsp minced fresh parsley
½ cup chopped onion	1 Tbsp plain nonfat yogurt
1 clove garlic, minced	

- 1) Heat oil in an oven proof, nonstick skillet. Stir in potatoes, broccoli, onions and garlic. Cover and cook 8-10 minutes, stirring occasionally.
- 2) In a small bowl, whip eggs with water, stir in parsley, then pour mixture into skillet. Cook over low heat until bottom is set and lightly browned (run a spatula around the edge of eggs to let uncooked portion run underneath).
- 3) Place the pan about 8 inches under the broiler until eggs are golden on top. Top with yogurt and serve.

Makes 3 servings: 226 calories and 7.3g of fat each

Veggie Casserole

5 cups of assorted fresh vegetables:

cauliflower	carrots	stewed tomatoes	bell pepper
mushrooms	onion	zucchini	

Sauce:

1 (10 oz) can low-fat condensed
cream of mushroom soup
4 Tbsp nonfat sour cream
1 Tbsp fresh lemon juice

Topping:

2-3 Tbsp bread crumbs
fresh ground pepper
2 Tbsp grated Parmesan cheese

- 1) Cut up all veggies into bite-size pieces.
- 2) Steam harder vegetables like carrots and cauliflower until tender. Meanwhile, blend sauce over medium heat till bubbly.
- 3) Place all vegetables in a casserole dish and fold in sauce.
- 4) Cook uncovered in 350 degree oven for 30 minutes; stir once, then sprinkle with bread crumbs, pepper and cheese, and bake 10 more minutes.

Makes 4 servings: 125 calories and 2.9g fat (21%)

Beans and Rice with Vegetable Confetti

Dressing:

½ cup V-8 juice	3 cups cooked rice, cooled
4 Tbsp red wine vinegar	1 can (15 ¼ oz) red beans
1 medium tomato, minced and mashed	1 medium green bell pepper, red bell pepper and zucchini, finely minced
1 medium clove garlic, minced	2 medium green onions, finely minced
¾ tsp dried oregano	¼ cup minced parsley
¼ tsp chili pepper	Tobasco (or other chili sauce)

- 1) Make the dressing and set aside.
- 2) In a large bowl combine rice, beans, vegetables, and parsley.
- 3) Add the dressing and blend. Allow the salad to marinate for an hour before serving.
- 4) Add Tobasco or fresh lemon as desired.

Makes 6 servings: about 170 calories and 1g of fat each

(Leftover salad makes a nice filling for pocket bread.)

Potato Corn "Hash"

2 large baking potatoes, peeled
2 Tbsp olive oil
1 medium red bell pepper, diced
1 cup fresh corn kernels (about 3 medium ears)
1 small mild jalapeno pepper, minced
¼ cup chopped green onions
salt and pepper to taste

- 1) Chop each potato into cubes; remove excess moisture with a paper towel.
- 2) In a large, heavy skillet heat the oil over medium heat. Add the potatoes, cover and cook for about 10 minutes.
- 3) Add the remaining vegetables, salt and pepper and cook another 10 minutes; as the hash starts to brown, turn it once or twice with a spatula. Serve hot.

Makes 4 servings: 251 calories and 6.8g fat (24%)

Couscous Primavera

Made from semolina, couscous is a traditional North African grain-like pasta. Its sweet, buttery taste works well with crunchy, fresh vegetables and many seasonings. You can find couscous in the rice section of your market.

2 Tbsp canola oil
1 medium red pepper, chopped
1 cup snow peas (about ½ lb)
½ cup fresh mushrooms, sliced
¼ cup green onion, sliced
1 ½ cups couscous, uncooked

- 1) Heat 1 Tbsp oil in skillet and sauté vegetables for about 5 minutes or until crisp-tender.
- 2) At the same time, bring 1 ¼ cups of water to a boil in a medium saucepan; add remaining oil and couscous. Cover, remove from heat and let stand for 5 minutes.
- 3) Spoon couscous onto a serving dish and top with vegetables.

Makes 4 servings: 125 calories and 3.6g fat each

NOTE: This recipe can use any combination of veggies you want, but we suggest you use favorites in season at their freshest.

Cheesy Pasta Bake

Here's a "lighter" version of macaroni and cheese with a touch of green.

4 ½ oz elbow macaroni or rotelli (twist) pasta
4 ½ oz reduced-fat sharp cheddar cheese cut into ¼-inch cubes
4 ½ oz part-skim mozzarella cheese, cut into ¼-inch cubes
2 cups fresh broccoli florets, steamed briefly until tender-crisp (*cauliflower, asparagus or green beans may be substituted*)
2 Tbsp plain wheat germ
1 Tbsp bacon bits
2 Tbsp yellow mustard
½ tsp salt
pinch of red pepper flakes
1 cup evaporated skim milk

- 1) Spray a shallow 6-cup baking dish with nonstick cooking spray.
- 2) Cook and drain pasta and return it to a pot in which it was cooked; add cheeses, broccoli, wheat germ, bacon bits, mustard, salt and red pepper.
- 3) Gently toss mixture and pour into baking dish.
- 4) Pour milk evenly over mixture; bake until bubbly and golden, 18-20 minutes, stirring once half way.

Makes 4 servings (1 ¼ cup each) : 385 calories and 12g fat (28%)

Source: Adapted from Weight Watchers Smart Choice Recipe Collection.

Tomato-Mushroom Penne

3-4 chopped shallots
2 Tbsp olive oil
2 cups sliced fresh mushrooms
(oyster, chanterelle or button)
2 diced fresh tomatoes
1 Tbsp chopped fresh oregano or basil
½ cup dry white wine (or chicken broth)
fresh ground pepper to taste
1 lb penne pasta (or any pasta you prefer)

- 1) Sauté shallots in oil until translucent.
- 2) Add mushrooms, tomatoes, herb, wine and pepper; simmer uncovered 10-15 minutes, stirring occasionally.
- 3) Meanwhile, cook pasta as directed.
- 4) Spoon sauce over pasta, sprinkle lightly with Parmesan cheese and serve.

Makes 3 servings: 420 calories and 11.3g fat (24%)

Tomato Soup with Pasta

Ladle out some love with this thick and savory Italian-style soup, loaded with gusto and heart-healthy ingredients. A chill chaser in short order....

1 (28 oz) canned tomatoes
2 cups reduced-sodium chicken broth
2 tsp olive oil
½ cup yellow onion, chopped
¾ cup carrot, chopped
¾ cup celery, chopped
4 oz pasta shells, macaroni or rotelli
2 Tbsp fresh basil, chopped
3 cloves garlic, minced
¼ tsp freshly ground black pepper

- 1) Drain tomatoes, reserving juice, and process in a blender until smooth.
- 2) In a medium saucepan, heat oil over medium-low heat. Add onion, carrot and celery and cook, stirring frequently, about 2 minutes.
- 3) Add tomatoes, reduce heat to low and simmer, stirring occasionally, for 10 minutes.
- 4) Stir in reserved juice, broth and pasta and simmer 25 minutes; add basil, garlic and pepper and cook another 5 minutes before serving hot.

Makes 4 servings: 223 calories and 5g fat (18%)

Source: Adapted from Healthy Meals in Minutes.

Mexican Stir Fry (a.k.a. Fajitas)

A quick meal-in-a-skillet is a good way to use leftovers.

2 Tbsp fat-free Italian dressing	1 medium tomato, chopped
2 Tbsp lime juice	½ cup fresh cilantro, snipped
1 lb lean beef strips (or chicken, turkey, or shrimp)	grated lowfat cheese
	salsa
1 medium onion, thinly sliced rings	
2 medium bell peppers (red, yellow or green), thinly sliced rings	

- 1) Heat dressing and lime juice in a large skillet.
- 2) Add meat and cook on medium-high heat for 2-3 minutes; remove from skillet.
- 3) In the same skillet, stir fry onion and pepper slices for 1-2 minutes.
- 4) Add meat, tomatoes, and cilantro, and cook another minute. Serve with whole-wheat tortillas. Garnish with cheese and salsa.

Makes 4 servings: 322 calories and 6g fat (17%) each

Banana Pudding

...a slimmed-down version of an old favorite, with half the fat and cholesterol of the original, from the editors of Cooking Light.

¼ cup plus 2 Tbsp sugar	½ tsp vanilla extract
1 ½ Tbsp cornstarch	32 vanilla wafers
¼ cup skim milk	2 cups sliced ripe bananas
2 eggs, separated	⅛ tsp cream of tartar
1 ¾ cups skim milk, scalded	

- 1) Combine ¼ cup sugar and cornstarch in top of double boiler; gradually add ¼ cup milk and egg yolks, and blend. Add 1 ¾ cups hot milk, stirring well.
- 2) Place over boiling water and cook 15 minutes or until smooth and thickened, stirring constantly.
- 3) Remove from heat; stir in vanilla, and cool slightly.
- 4) Line bottom of 8-inch square baking dish with 16 wafers. Top with half the banana slices and half the custard; repeat layers and set aside.
- 5) Beat egg whites and cream of tartar on high until foamy; gradually add remaining sugar, beating until stiff peaks form.
- 6) Spread meringue over custard, sealing to edge of dish. Bake at 350 degrees for 12 minutes or until golden brown.

Makes 8 servings: 195 calories, 5.2g fat (24%)

Turkey Tacos

10 taco shells

Turkey Filling:

1 lb shredded leftover turkey breast
1 Tbsp olive oil
1 ½ tsp chili powder
½ tsp cumin
¼ tsp dried oregano
¼ tsp garlic powder
Cayenne pepper to taste

Toppings:

½ cup shredded reduced fat cheddar or jack cheese
1 cup finely chopped onion
1 cup diced tomato
1 ½ cup shredded greens
1 cup nonfat plain yogurt
salsa

- 1) Toss turkey with oil and seasonings; spoon into the taco shells.
- 2) Place the toppings in separate bowls, ready to serve with tacos.

Per taco: 228 calories, 30% from fat

Apple Raisin Bread Pudding

4 cups French bread, cut into large cubes	½ cup sugar
1 ½ cups diced apples (optional)	2 Tbsp liquid Butter Buds*
1/3 cup raisins	1 tsp vanilla extract
1 ½ cups skim milk	¼ tsp cinnamon
3 Egg Beaters (¾ cup)	¼ tsp ground nutmeg

- 1) Combine bread cubes, apples and raisins and place in a 2-quart baking dish lightly sprayed with nonfat cooking spray.
- 2) Combine remaining ingredients and pour over bread mixture.
- 3) Bake at 350 degrees for 45-50 minutes. Serve warm.

Makes 8 servings: 216 calories and .8g fat (3%) each

Adapted from Butter Busters, The Cookbook (Mycoskie)

**Butter Buds in liquid form or granules provide natural butter flavor with few calories and no fat.*

Gingerbread Cookies

How about adapting your favorite cookie recipes using less fat and sugar? Our choice – Gingerbread Cookies – is adapted from the traditional Gingersnap.

2/3 cup brown sugar	2 tsp baking soda
1/3 cup canola oil	1 tsp cinnamon
¼ cup molasses	1 tsp ginger
1 egg	½ tsp cloves
2 ¼ cups flour	¼ tsp salt

- 1) Beat together sugar, oil, molasses and egg until fluffy.
- 2) Sift remaining ingredients into sugar mixture and stir until combined.
- 3) Form 1-inch balls of dough and place on nonstick cookie sheet.
- 4) Bake in a preheated 375 degree oven for 8-10 minutes.

Makes 30 (2-inch diameter) cookies: About 80 calories and 2.5g fat 28%) each

Raspberry Pear Crisp

Pop this fresh-fruit crisp into the microwave for dessert in minutes.

1 cup fresh raspberries
2 medium-ripe pears, peeled and thinly sliced
½ cup apple or other unsweetened fruit juice
1 tsp grated lemon zest
Ground nutmeg and cinnamon
1 ½ cups low fat granola
Vegetable oil cooking spray

- 1) Lightly coat a 9 inch square microwave-safe baking dish with cooking oil spray.
- 2) Toss fruit together with juice and grated lemon. Place in the baking dish.
- 3) Sprinkle fruit lightly with spices; top with granola.
- 4) Cook on high, uncovered, for 8-10 minutes or until fruit is tender and bubbly. Allow to cool a bit before serving.

NOTE: Other fruit may be substituted.

Bran Muffins

Cooking for Life - Wisely

5 tsp baking soda	2 tsp salt
1 quart buttermilk	4 eggs, slightly beaten, or
5 cups flour (3 whole wheat, 2 white)	1 cup egg substitute
2 cups sugar	1 cup oil
1 package (15 oz) raisin bran cereal	

Dissolve soda in buttermilk. Mix together remaining dry ingredients. Add eggs, oil, and buttermilk-soda; stir just until mixed. (Muffin batter may be stored, covered, in refrigerator for 6 weeks.) Fill greased muffin pans about ¾ full. Bake at 400 degrees for 18-20 minutes.

Yield: 3 quarts or 4 dozen 2 ½" muffins (32-3" muffins)

Note: ½ cup wheat germ may be substituted for ½ cup of the flour

Broccoli Salad

Cooking for Life - Wisely

1 bunch fresh broccoli or 10 oz pkg frozen	1 cup chopped tomato
½ cup chopped celery or zucchini	1 cup sliced mushrooms, fresh
1 chopped green onion and tops	½ tsp salad seasoning
1 can (6 oz) sliced water chestnuts	½ cup mayonnaise
½ cup lowfat yogurt	

Thaw and drain broccoli; mix with other vegetables and salad seasoning. Mix mayonnaise and lowfat yogurt; add to vegetables. Chill 3 hours or overnight.

Chicken Breasts Almondine

Cooking for Life - Wisely

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| 1 Tbsp salad oil | 1 ¼ cups chicken broth (bouillon) |
| 2 large whole chicken breasts, boned | 1 Tbsp cornstarch |
| 1 small clove garlic, minced | 2 Tbsp sherry |
| ¼ cup roasted, blanched almonds | Parsley sprigs for garnish |
| 1 cup fresh mushrooms, sliced | 2 pinches nutmeg or ginger (optional) |
| ¼ tsp pepper | |

Skin and bone chicken. In a skillet over medium heat, in oil, brown chicken breasts, garlic, almonds, and mushroom slices, stirring occasionally, until all are golden. Now add pepper and chicken broth; cover and simmer for 30 minutes, or until chicken is tender. Then mix cornstarch with a little water, stir into liquid in skillet; add nutmeg or ginger and sherry; cook, stirring constantly, until thickened. Garnish chicken with parsley sprigs.

Chicken-Cashew Salad

Cooking for Life - Wisely

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|------------------------------------|----------------------------|
| 2 cups diced white meat of chicken | 2 Tbsp plain lowfat yogurt |
| 2 apples, diced | ¾ tsp curry powder |
| 1 cup pineapple chunks, drained | ¼ cup chopped cashews |
| 2 Tbsp mayonnaise | |

Toss all ingredients together. Spoon individual portions into lettuce cups.

Lentil Spaghetti Sauce

Cooking for Life - Wisely

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|--------------------------------|-------------------------------|
| 1 medium onion, chopped | 2 beef bouillon cubes or |
| 1 clove garlic, minced | 2 cups fat-skimmed beef broth |
| 2 Tbsp oil | and omit 4 cups water |
| 1 ½ cups dried lentils, washed | ¼ tsp dried basil, crumbled |
| 1 dried hot pepper, crumbled | ¼ tsp dried oregano, crumbled |
| 1 tsp salt (optional) | 1 (16 oz) can tomatoes |
| ½ tsp pepper | 1 (6 oz) can tomato paste |
| 4 cups water | 1 Tbsp vinegar |

Sauté onion and garlic in oil for 5 minutes. Add lentils, red pepper, salt, pepper, and water. Cover and simmer for 30 minutes.

Add remaining ingredients and simmer uncovered about 1 hour, stirring occasionally. Serve over spaghetti, macaroni, noodles, or rice.

Mediterranean Couscous Salad

Suzanne Brink

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|--------------------------------------|----------------------------|
| 1 cup chicken stock
(chopped) | 2 Tbsp parsley or cilantro |
| ¾ cup couscous | 3 Tbsp olive oil |
| 3 oz Feta cheese (crumbled or cubed) | 3 Tbsp fresh lemon juice |
| 1 large tomato (diced) | fresh ground pepper |
| 3-4 green onions (chopped) | 3 Tbsp toasted pine nuts |

Bring chicken stock to boil. Add couscous and cover pan with lid. Take pan off the burner and let it sit for 5 minutes. Fluff with a fork. Let couscous cool and add: cheese, tomatoes, onions and parsley, olive oil and lemon juice. Add to couscous mixture. Serve on a bed of lettuce and garnish with pine nuts on top. (Recipe can be doubled.)

Pecan Pumpkin Bread

Cooking for Life - Wisely

2 ½ cups flour	1 cup oil
1 cup whole wheat flour	4 eggs or 1 cup egg substitute
2 tsp baking soda	2/3 cup water
1 ½ tsp salt	2 cups canned pumpkin
1 ½ tsp cinnamon	1 cup chopped pecans or walnuts
1 tsp nutmeg	3 cups sugar

Preheat oven to 350 degrees. Sift together flour, soda, salt, cinnamon, and nutmeg. Add sugar and stir to mix thoroughly. Make a well in the center of the dry ingredients and add all at once the oil, eggs, water, and pumpkin. Mix well and add the nuts. Pour batter into two 9" loaf pans, filling each half full. Bake for 1 hour, or until a wooden toothpick inserted in the center of the loaf comes out clean. Makes 2 9" loaves at 18 slices per loaf.

Vegetable Hero Sandwiches

Vitality

1 Tbsp olive oil	1/3 cup reduced-fat mayonnaise
1 medium onion, quartered & thinly sliced	1 tsp dried dill
1 medium green or red bell taste	salt & freshly ground pepper to taste
pepper, cut into 2-inch strips	1 large loaf Italian bread
½ lb white mushrooms, thickly sliced	

- 1) Heat the olive oil in a large skillet set over medium heat.
- 2) Layer the onion, bell pepper and mushrooms in the pan.
- 3) Cover the skillet tightly and cook the vegetables for 5 minutes, then remove the skillet from the heat.
- 4) Uncover and stir the vegetables. Add the mayonnaise and dill, season to taste with salt and pepper and stir.
- 5) Split the Italian bread in half horizontally, then spread the bottom half with the vegetable mixture. Cover with the loaf's top half, then cut into 6 sections. Serves six.

Per Serving:

294 calories
4mg cholesterol

5g fat
527mg sodium

15% calories from fat

Spicy Cucumbers

Cheryl Miller

2 medium cucumbers (cut in long wedges)	1/3 tsp roasted cumin seeds
1/3 tsp salt	(I roast in cast iron skillet)
1/8 tsp cayenne (I double or triple the cayenne and cumin seeds)	then grind coarsely
pepper to taste	¾ - 1 lemon (squirt over wedges)

Yogurt Dip or side dish

2 2/3 cup lowfat nonfat yogurt	½ tsp salt
½ cup chopped walnuts (coarsely cut)	pepper to taste
2 Tbsp fresh cilantro	1 scallion finely chopped
½ fresh hot jalapeno	

Whisk yogurt and all ingredients.

Spinach Dip

Cooking for Life - Wisely

2 cups fresh spinach or	1 pkg Knorr's Vegetable Soup Mix
1 pkg frozen chopped spinach	½ cup real mayonnaise
1 bunch green onions chopped	1 ½ cups plain lowfat yogurt
1 can water chestnuts, sliced	

Thaw and drain spinach, if using frozen spinach. Combine all the ingredients and chill in the refrigerator for at least 3 hours before serving. Shredded carrot can be added for more color. Serve in a hollowed out loaf of rye or pumpernickel bread. Use bread cubes for dipping.

Spinach Lasagna

Cooking for Life - Wisely

1 jar (32 oz) Ragu spaghetti sauce or 4 cups homemade spaghetti sauce	8 oz part skim Mozzarella cheese, shredded
½ cup sliced almonds, toasted	1 cup Ricotta cheese
8 lasagna noodles, cooked and drained	¼ cup skim milk
2 bunches fresh spinach, washed, dried and torn into pieces (about 4 cups)	¼ cup Parmesan cheese

Mix skim milk and ricotta cheese. In 9"x13" pan, layer sauce, noodles, spinach pieces, ricotta mixture, Parmesan, almonds, mozzarella. Repeat layers. Reserve a little sauce and a few almonds for the top. Bake at 350 degrees for ½ hour. Let sit for 10 minutes before cutting.

Springtime Vegetable Pasta

Cooking for Life - Wisely

1 lb homemade fettuccini or 1 lb box fettuccini	¼ cup buttermilk
1 Tbsp margarine	2/3 cup chicken broth
¾ cup minced onions	2 tsp dried crushed basil
2 cloves garlic, minced	1 cup tiny frozen peas, thawed
1 lb fresh asparagus, cut in 2" pieces	¼ lb lean ham
½ lb fresh mushrooms, thinly sliced shallots	1 cup Parmesan cheese
2 medium zucchini or yellow summer squash, (4 cups), quartered and thinly sliced	¼ cup minced green onion or pepper
2 carrots (1 cup), halved and thinly sliced	¾ cup yogurt

Cook pasta according to package instructions while preparing the vegetables. Melt margarine in a wok or large non-stick skillet. Sauté onion and garlic 3 minutes. Mix in asparagus, mushrooms, squash and carrots; stir fry 3 minutes. Set aside some vegetables for garnish. Over high heat add chicken broth and basil. Reduce to simmer and cook uncovered to reduce liquid slightly. Add peas, ham, and green onions. Add pasta, yogurt, buttermilk, and cheese; toss lightly to combine thoroughly. Serve on large heated platter. Garnish with reserved vegetables and ground pepper.

Sweet Potatoes in Orange Cups

Cooking for Life - Wisely

6 oranges	½ tsp cinnamon
6 sweet potatoes	1/8 tsp ground cloves
2 Tbsp margarine, melted	1/8 tsp ginger
2 Tbsp honey	¼ tsp nutmeg
¼ cup orange juice	Pecan halves (optional)
2 Tbsp rum or amaretto (optional)	

Cut oranges in half. Cut a small slice from bottom of each so they will stand. Scrape out pulp. Cook sweet potatoes. Puree and mix with margarine, honey, orange juice, rum, and spices. Blend well. Fill orange cups to top, and with remaining mixture pipe around oranges decoratively. Top each with a pecan half. Place in lightly oiled baking dish and bake at 350 degrees for 25 minutes until browned.

Turkey Hash

Cooking for Life - Wisely

3 cups cooked turkey scraps, chunks	¼ cup chopped fresh basil
2 cups boiled, cubed potatoes	1 Tbsp fresh lemon juice
1 diced onion	Fresh cracked pepper
1 diced green pepper	Cooking oil spray
½ cup chopped mushrooms	

Heat a large, ovenproof skillet over medium heat. Spray with cooking oil and sauté vegetables 5 to 10 minutes. Add remaining ingredients and cook another 10 minutes. Place in oven and broil about 5 minutes.